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PAUL SULLIVAN PONDER'S WHY
WE'RE STILL SENDING
CHRISTMAS CARDS **PAGE 9**



Lazar earns 'C' on junior team

Sens rookie 'very honoured' to
lead Canada's team in world
championship tourney **PAGE 16**

City opens new Transcona Blvd.

'Building a community.' Road connects the east and west, links Plessis to Peguis, downtown and Concordia Hospital



A new east-west road will provide an alternative to the often-congested Regent Avenue in Transcona and spur further development in the area, said ward Coun. Russ Wyatt.

On Monday, Mayor Brian Bowman joined Wyatt in the official opening of Transcona Boulevard, which links Plessis Road at Kildare Avenue to the recently renovated Peguis Street and runs through an old City of Winnipeg public works yard.

"We're not just opening a road here today, folks, we're actually building a community from the ground up," said Wyatt, adding the street cost \$16 million to build and has LED lighting.

"It's all down Peguis and Transcona Boulevard, the LED lighting, it's really neat, it'll save money, it's more efficient in the winter."

Wyatt also thanked a long list of public servants who helped with the Transcona West Road Enhancement Project, adding a "few bad apples" shouldn't mar the



Transcona Coun. Russ Wyatt speaks at the official opening of Transcona Boulevard, which links Plessis Road to Peguis Street, on Monday.
BERNICE PONTANILLA/METRO

good work of many others. Bowman said neighbourhood and transportation

links must continue growing in Winnipeg to keep up with the population

growth.

"Earlier this year, this space, as many of you know,

was a gravel road," said Bowman, who also joked that he was there for the

Quoted

"We're not just opening a road here today, folks, we're actually building a community from the ground up.... It's all down Peguis and Transcona Boulevard, the LED lighting, it's really neat, it'll save money, it's more efficient in the winter."

Ward Coun. Russ Wyatt

opening of the "Russ Wyatt Boulevard."

"Now it's Transcona Boulevard, a road which will better connect the east and west, including connecting to downtown Winnipeg and to Concordia Hospital."

Bowman also said Transcona Boulevard was constructed with the east terminal for a future rapid transit leg in mind.

During this year's municipal election, Bowman pledged to complete the city's bus rapid transit project by 2030.

City of Winnipeg

Transcona Boulevard will provide access to nearly 400 acres of land earmarked for residential development.

- The street cost \$16 million to build and has LED lighting.

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Homeless man. Arrest made in May death

Police have made an arrest in a months-old homicide they've kept quiet until this week.

The homicide unit and major crimes unit began investigating after a passerby found Wayne Michael Harper, 31, critically injured outside in the 600 block of Century Street May 30.

Harper was taken to hospital where he was pronounced dead.

Police said this week that Harper, who was homeless, had been asleep in the area when a group of men known to him began assaulting him.

Police did not publicly acknowledge the killing until Monday.

Police spokesperson Const. Jason Michalyshen said the case was delayed while investigators waited for confirmation the victim died as a result of the attack. He said the case was further complicated because the victim and others involved live on the street.

"Not all information with respect to incidents ... are laid out perfectly where we can assess very quickly what took place and how things transpired," he told Metro. "We rely on other resources to provide us with information with respect to autopsy and things like that.... There's a lot of work that goes on behind the scenes."

After consultation with the Crown, police have charged Oliver James Okemow, 39, with manslaughter for his alleged involvement.

Police continue to investigate and Michalyshen said more arrests are possible.

SHANE GIBSON/METRO

Kildonan Place. Shotgun, electronics found in car

Three men are facing charges after police found a sawed-off shotgun and electronics in a car outside Kildonan Place Mall Sunday.

Police said they were checking out the area in a "proactive response" to vehicle break-ins and shoplifting when officers noticed a vehicle driving around a parking lot, not appearing to have any intention

of parking.

Officers saw one person leave the vehicle, run into a store and come out with merchandise not in a bag.

Once pulled over, officers found a sawed-off shotgun and electronics from a nearby business in the vehicle.

The three men, aged 25, 23 and 29 years old, are facing multiple charges. **METRO**

Manitoba Liquor and Lotteries. New CEO picked

Manitoba Liquor and Lotteries has picked its new CEO.

John Stinson will begin his reign as chief executive officer of the Manitoba Liquor and Lotteries Corporation as of Feb. 16.

"I am eager to begin my role as CEO at one of Manitoba's largest and well-respected Crown corporations," said Stinson, in a release.

The board of directors is confident in choosing Stinson as their creative leader to help push the corporation forward, according to Tannis Mindell, chair of the board of directors.

Stinson was previously the CEO of the Interlake-Eastern Regional Health Authority. Stinson will be succeeding Winston Hodgins. **METRO**

Another minister quits to seek NDP leadership

Steve Ashton. The former minister of transportation says Manitoba NDP are in a 'critical situation'

A sixth cabinet minister in Manitoba's embattled NDP government has resigned his post and he says he will launch a leadership campaign to become the province's next premier.

Steve Ashton, minister of transportation, said he met with Premier Greg Selinger Monday morning to give him his resignation letter in person. He then announced his decision on Twitter.

His official campaign launch is to come Tuesday.

Ashton said the NDP needs to reconnect with voters after a "political crisis" that has seen five other cabinet ministers resign and publicly question Selinger's leadership amid disastrous approval numbers.



Thompson MLA Steve Ashton, seen in a file photo, stepped down as minister of transportation Monday and said he'll officially launch a campaign for leader of Manitoba's NDP party Tuesday. THE CANADIAN PRESS FILE

The NDP can recover from anger following a provincial sales tax hike last year and go on to win the next election, he said.

"We're in this critical situation, as a party and a government, but the fundamentals are good," Ashton said in an interview as he packed boxes

in his legislature office.

"We can rebound and we can actually win the next election. I wouldn't be doing this if I didn't believe that was the case."

A spokesman for Selinger said the premier would not be commenting on Ashton's departure and wouldn't say whether a cabinet shuffle was in the offing.

Ashton joins former cabinet colleague Theresa Oswald — who was one of the "rebel five" who resigned to protest Selinger's leadership — in challenging the premier for the top job.

Oswald launched her leadership campaign over the weekend.

Selinger prompted the leadership race after coming under fire for the party's sagging fortunes following the provincial sales tax hike.

Selinger, who has led the NDP since 2009, has said he will stay on as premier and fight to keep his job at a party convention March 8.

THE CANADIAN PRESS

1 NEWS

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Manitoba Public Insurance is sponsoring free bus rides this New Year's Eve. The Free Ride program applies to all Regular and Handi-Transit service on December 31st starting at 7:00 p.m. until end of service. The last buses leave downtown at approximately 1:38 a.m.

As a road safety leader in the province, Manitoba Public Insurance is committed to reducing alcohol-related collisions, deaths and injuries.

For complete bus route and schedule information, visit winnipegtransit.com or contact 311.

NEW TRANSIT FARES JANUARY 1, 2015

Starting January 1st, Full and Handi-Transit cash fares will be \$2.60. Youth and Senior cash fares will be \$2.10. New rates for passes and tickets will also be in effect January 1.

Winnipeg Transit will continue to offer lower fares for seniors, qualifying students and Post-Secondary students. Your 2014 bus ticket (plus applicable cash difference) will be accepted until March 31, 2015.

For complete transit fare information, including pass and ticket sales locations, please visit winnipegtransit.com or contact 311.

THE SANTA BUS IS ON THE ROAD!

Winnipeg Transit's Santa Bus is collecting cash donations for the Christmas Cheer Board until December 24th.

All cash fares plus any additional donations go directly to the Cheerboard. "Last year the Santa Bus collected \$13,000 for the Christmas Cheer Board and we're ho-ho-hoping to collect even more," said Mr. Claus.

The Santa Bus features larger than life images of the jolly old man himself along with all his happy reindeer on the exterior of bus #818.

If you are planning to make a donation, please remember, Winnipeg Transit does not accept bills or pennies on any of its buses.

If you'd like to know where the Santa Bus is operating, use our BUSxt feature (287898) on your mobile device, enter Bus 818 then press send. BUSxt will text you back in just a few seconds displaying which route the Santa Bus is on plus the time it will be arriving at its next stop.



Festival Du Voyageur kicks off Decembeard

Fund razor. Hair contest raising money for Heart and Stroke Foundation

EVAN MATTHEWS
winnipeg@metronews.ca

Festival du Voyageur is raising money for the Heart and Stroke Foundation of Canada through its 33rd annual Beard Growing Contest.

Three lucky participants were selected to be straight-shaved at the contest's official launch at Le Garage Café last week.

"We saw an opportunity four years ago to partner up with Heart and Stroke, and we took it," said Julien Desaulniers, artistic producer for Festival du Voyageur, adding the contest brought in \$4,600 last year. "Beards have come in and out of fashion in the last 33 years, but they have always been fashionable to us here at the Festival du Voyageur."

"Giving to a worthy cause is something that will never go out of fashion."

Participants must be 18 years old, and the registration fee is \$35. However, participants who collect more than \$100 in donations are exempt of the registration fee, according to Trish Taylor, community partnership and events manager for the Heart and Stroke Foundation.



Holly Hnatyuk shaves Festival du Voyageur Beard Growing Contest participant Barney Morin at the competition's launch last week. The contest raises money for the Heart and Stroke Foundation of Canada. EVAN MATTHEWS/FOR METRO

"There will be 40 to 50 participants in the Beard Growing Contest," said Taylor. "Participants will be placed throughout four categories."

Festival du Voyageur incorporates the history and

traditions of French culture in innovative and fun ways, according to Barney Morin, a participant.

"Being in the contest is always something I've wanted to try," said Morin. "Now

I just need a lovely lady to lather on the grow cream every day."

The winning beards will be chosen Feb. 20, at the French Cultural Centre located at 340 Provencher Blvd.

Maple Leaf Foods to close Winnipeg plant on Dec. 31

Maple Leaf Foods says one of the three plants previously identified for closure next year will be shut permanently on Dec. 31 and the other two will close by the end of March.

The company's plant on Panet Road in Winnipeg will be the sixth closure under a multi-year reorganization.

A Maple Leaf spokesman says the plant has about 30 employees. Some will move to Maple Leaf's expanded Lagimodiere plant, also in Winnipeg, or elsewhere in the company while others will leave or retire.

The Lagimodiere plant,



The Maple Leaf Foods plant at 140 Panet Rd. GOOGLE MAPS

which will be Canada's largest producer of bacon, is fully commissioned and requires only minimal work to optimize its operation. Production of the "Hot Rods" sausage snacks made at the

surplus Winnipeg plant has been moved to a Maple Leaf operation in Saskatoon.

Two other previously announced closures, in Kitchener, Ont., and Toronto, will be completed by the end of the first quarter of 2015 — bringing the total closures under the reorganization to eight.

A facility in Brampton, Ont., has been expanded while a new Ontario plant in Hamilton is being commissioned to produce wieners and sliced meats and is expected to be in full production by the end of the first quarter. **THE CANADIAN PRESS**

Portage Avenue

Herzing College moving to new location

Don't be that student who shows up at the wrong building for classes come the new year.

Herzing College is moving to a new location in Winnipeg. The college, currently at 723 Portage Ave., will be moving down the road to 1700 Portage Ave. by Jan. 1.

The practical knowledge college has been operating in Winnipeg for 40 years, and a spokesperson from Herzing College said they are very excited about the move.

METRO

Election. Justin Trudeau promises to be accessible

Justin Trudeau is promising to scrap Stephen Harper's brand of message discipline if he becomes prime minister, giving more freedom to bureaucrats, ditching the scripts for cabinet ministers and making them and himself more accessible to journalists.

The Liberal leader says Harper's penchant for strictly controlling the flow of information — and the select few who are allowed to sparingly dispense it — has led to an opaque, secretive government that is cut off from the citizens it's supposed to be serving.

A spokesman for Harper thoroughly rejected Trudeau's assertions. However Harper's approach to communications makes for bad decisions and an unhealthy democracy, Trudeau said in a year-end interview that included his most thorough comments to date on what kind of standards he would set for communications.

"First of all, it breaks down the kind of trust that should exist between citizens and their government, whether it's through blocking access to information, an unwillingness to



Liberal Leader Justin Trudeau
THE CANADIAN PRESS

actually share data or evidence justifying various decisions, reliance on talking points," he said.

"(It's) not really that citizens don't trust their government but that we have a government that doesn't trust its citizens, which is something that really makes it difficult to have a government that is truly serving the interests of its citizens."

Moreover, Trudeau said Harper's approach "actually leads to poorer decision making and an inability to solve the very big challenges that we're facing." **THE CANADIAN PRESS**



Canadian teacher jailed in Indonesia set to start trial

Police officers escort child sexual abuse suspect Zainal Abidin, centre, before his trial on Monday at South Jakarta District Court in Jakarta, Indonesia. An Indonesian court has sentenced five janitors to up to eight years in prison over the rape of a kindergartner at a prestigious international school in Indonesia. The janitors' sentences were delivered the day before Canadian teacher Neil Bantleman's trial was set to begin in Jakarta. Bantleman, who is also accused of sexually abusing students at the same school, said he finds the janitors' sentence "devastating," according to his family. He has been in custody since July and has maintained his innocence.

PHOTO: TATAN SYUFLANA/THE CANADIAN PRESS
TEXT: THE CANADIAN PRESS

Releasing electronic data may 'create havoc': Minister

Fear of falsification. Minister Tony Clement says that some electronic data could be altered if released

That makes it virtually impossible for the recipient to sort and filter the data to identify patterns and trends.

The Access to Information Act says federal agencies must provide timely access to records in the format requested.

Fred Vallance-Jones, who teaches journalism at the University of King's College in Halifax, said Clement's stance effectively violates the rights of requesters. Vallance-Jones, an associate professor, led a 2014 freedom-of-information audit for Newspapers Canada that yielded inconsistent responses to requests for data from federal agencies.

The replies included paper only, PDF image files, and data in electronic format.

Clement's concern about data manipulation is "specious" because, technically speaking, any federal document — not just a database — could be falsified by someone with ill intent,

Quoted

"That's the balancing act that we have to have, that certain files, you don't want the ability to create havoc by making it changeable online."

Treasury Board president Tony Clement, the minister responsible for freedom of information

Vallance-Jones said.

"I honestly have a lot of difficulty believing that they're making that argument seriously," said Vallance-Jones.

Clement has championed growth of the government's online data portal, encouraging federal agencies to disclose data in easily sortable formats.

However, some data sets cannot be released in a spreadsheet or similar electronic format, Clement said.

"What you don't want is to create a file that can be in some way manipulated and altered, and thereby creating a situation of false information," Clement said. "There's a fear that people

will) manipulate the data and publish it and say, 'This is what the government of Canada is saying,' when in fact it's not the case. That's the problem."

Clement could not point to a specific instance in which federal data had been altered.

It seems the government simply doesn't want some information made public in electronic form, Vallance-Jones said.

"They know that people can then sort it, and filter it, and run it through queries and find things out that they might not want you to find out. And that's the power of data."

THE CANADIAN PRESS

Montreal. Man facing terrorism-related charge

The father of an allegedly radicalized man who faces a terrorism-related charge will testify at his son's bail hearing in Montreal on Tuesday.

Jeffrey Labelle's father is expected to ask the court to release his 21-year-old son into his custody.

Montreal police say Labelle's family tipped them off last week that he had become radicalized.

They searched his home on Friday and say they found a city map that showed the co-ordin-

ates of four different police stations. Police say no direct threats were made and that they arrested Labelle as a "preventive" measure.

Labelle was charged with a Criminal Code provision that allows for the arrest of someone who "commits an act that, in all the circumstances, is likely to cause a reasonable apprehension that terrorist activity is occurring or will occur, without believing that such activity is occurring or will occur."

THE CANADIAN PRESS

Camera in washroom

Man sought thrill of secrets: Lawyer

The lawyer for a man who recorded people using the washroom in his Vancouver restaurant says her client was driven by the thrill of knowing people's secrets, not sexual impulses.

Maegan Richards asked a judge to impose a conditional discharge for Allan Bosomworth, who was the co-owner of Two Chefs and a Table restaurant where he hid a camera in the coed washroom in 2012.

THE CANADIAN PRESS

Hamilton

Man facing fourth trial in murder case

An Ontario man will be tried for a fourth time in September 2016 in the murder of a nursing assistant who was killed 33 years ago in the Hamilton area.

Robert Badgerow was arrested in 1998 and was convicted of first-degree murder several years later, but the verdict was overturned on appeal. In a new trial in 2010 the jury was unable to reach a verdict. Badgerow's third trial also resulted in a hung jury. **THE CANADIAN PRESS**

Dalhousie U closing dental clinic

Dalhousie University's faculty of dentistry is temporarily closing its public dental clinic as part of its response to accusations that male students posted misogynistic messages online about their female peers.

The university in Halifax says it is contacting patients af-

fected by the decision to close its clinic until Jan. 12.

It says the step is one of several measures being taken so that patients, students, faculty and staff are able to return to classes and clinics in a safe and supportive environment.

University president Ri-

chard Florizone has said 13 men in the fourth-year of the dentistry program were members of a Facebook group where comments were posted.

To deal with the postings he has announced a restorative justice process, which is an in-

formal and confidential resolution procedure that includes the parties involved.

The university says its dentistry faculty is working on a detailed plan for classes and the dental clinics for the remainder of the winter term.

THE CANADIAN PRESS

Nigeria

Car bomb kills at least 20, injures 60

A car bomb exploded Monday at a bus station in Nigeria's northeastern city of Gombe, killing at least 20 people and injuring another 60, said rescue workers.

At least 20 people were "burned beyond recognition by the bomb explosion," and another 60 were

hospitalized, said Red Cross official Abubakar Yakubu.

The explosion came in the early hours when the station was crowded with holiday travellers, said Deputy Supt. Fwaje Atajiri.

Atajiri would not speculate over who was responsible though the attack bears all the hallmarks of Nigeria's homegrown Islamic extremist group, Boko Haram.

THE ASSOCIATED PRESS

Lethal injection

Arizona to change execution drugs

Arizona officials said Monday they are changing the drugs they use in executions after an inmate in July gasped repeatedly over the course of nearly two hours while being put to death.

Arizona no longer will use the combination of midazolam, a sedative, and hydro-

morphone, a pain killer, according to a letter to Gov. Jan Brewer from Department of Corrections director Charles Ryan. The move comes as states have been scrambling to find new combinations of lethal drugs after European pharmaceutical companies restricted their distribution. Several prolonged executions this year have sparked debate over lethal injections in particular and executions in general. THE ASSOCIATED PRESS

Oklahoma

Federal judge upholds lethal injection protocol

Oklahoma's lethal injection protocols are constitutional and the state can proceed with the scheduled executions of four death row inmates early next year, a federal judge ruled on Monday.

U.S. District Judge Stephen Friot denied a request for a preliminary injunction that was requested by a group of 21 Oklahoma death row inmates who argued the use of the sedative midazolam as the first drug in a three-drug combination the state administers risks subjecting them to unconstitutional cruel and unusual punishment.

THE ASSOCIATED PRESS

Halt debate until after funerals, N.Y. mayor says

Two officers killed.
Shot inside patrol car

Quoted

"I think it's a time for everyone to put aside political debates, put aside protests, put aside all of the things that we will talk about in all due time."

New York City Mayor Bill de Blasio

New York's mayor called on Monday for protests and political debate to pause until after funerals are held for the two officers who were shot and killed inside their patrol car this weekend by a man vowing retaliation for the deaths of black men at the hands of white police.

The killings came at a time when police nationwide are being criticized following Eric Garner's death in a New York officer's chokehold and 18-year-old Michael Brown's fatal shooting in Ferguson, Mo. Protests erupted in recent weeks after grand juries declined to charge the officers involved. On Monday, a prosecutor said a white Milwaukee police officer who was fired after he fatally shot a mentally ill black man in April won't face criminal charges.

"I think it's important that regardless of people's viewpoints that everyone step back," Mayor Bill de Blasio said in a speech at the Police

Athletic League. "I think it's a time for everyone to put aside political debates, put aside protests, put aside all of the things that we will talk about in all due time."

Officers Wenjian Liu and Rafael Ramos were ambushed Saturday by a 28-year-old who wrote an Instagram post that he would put "wings on pigs." The suspect, Ishmaaiyl Brinsley, was black; the slain New York Police Department officers were Hispanic and Asian.

De Blasio said it was time to focus on the officers' grieving families; he and Police Commissioner William Bratton met with them Monday.

THE ASSOCIATED PRESS



Glasgow garbage truck crashes into, kills six pedestrians

Emergency services attend the scene in George Square in Glasgow, Scotland, after six people were killed and several others injured when a garbage truck crashed into a group of pedestrians downtown Monday. The truck hit a number of pedestrians as it veered out of control along a crowded road in the city centre, Supt. Stewart Carle of Police Scotland said. DANNY LAWSON/THE ASSOCIATED PRESS

North Korea. Country's online access crippled

North Korea experienced sweeping and progressively worse Internet outages extending into Monday, with one computer expert saying the country's online access is "totally down." The White House and the State Department declined to say whether the U.S. government was responsible.

President Barack Obama said Friday the U.S. govern-

ment expected to respond to the hacking of Sony Pictures Entertainment Inc., which he described as an expensive act of "cyber-vandalism" that he blamed on North Korea. Obama did not say how the U.S. might respond, and it was not immediately clear if the Internet connectivity problems represented the retribution.

THE ASSOCIATED PRESS

Agenda. UN to address N. Korea's human rights

The UN Security Council placed North Korea's human rights situation on its agenda Monday, a groundbreaking step toward holding the nuclear-armed but poor country and leader Kim Jong-un accountable for alleged crimes against humanity.

This appears to be the first time that any country's human rights situation has been

scheduled for ongoing debate by the UN's most powerful body. China and Russia protested the move, the boldest effort yet to confront Pyongyang over the issue.

An angry North Korea, now on the defensive against a U.S. accusation of hacking, has said it would refuse to recognize Monday's meeting.

THE ASSOCIATED PRESS

Cuba says asylum for fugitives legitimate right



Assata Shakur — formerly Joanne Chesimard — was convicted in 1973 of killing New Jersey State Trooper Werner Foerster. She escaped from prison in 1979 and fled to Cuba. NEW JERSEY STATE POLICE/THE ASSOCIATED PRESS FILE

Cuba said Monday that it has a right to grant asylum to U.S. fugitives, the clearest sign to date that the Communist government has no intention of extraditing America's most-wanted woman despite the warming of bilateral relations.

New Jersey Gov. Chris Christie has urged President Barack Obama to demand the return of fugitive Joanne Chesimard before restoring full relations under a historic detente announced by Obama and Cuban President Raul Castro last week.

Chesimard was granted asylum by Fidel Castro after she escaped from the prison where she was serving a sentence for killing a New Jersey state trooper.

Asked if returning fugitives was open to negotiation, Cuba's head of North American affairs, Josefina Vidal, told The Associated Press Monday that "every nation has sovereign and legitimate rights to grant political asylum to people it considers to have been persecuted.... That's a legitimate right."

"We've explained to the U.S. government in the past that there are some people living in Cuba to whom Cuba has legitimately granted political asylum," Vidal said. She added, "There's no extradition treaty in effect between Cuba and the U.S."

In a letter sent to the White House Friday and made public by his office Sunday, Christie said Cuba's asylum for Chesimard, who has changed her name to Assata Shakur, was "an affront to every resident

of our state, our country, and in particular, the men and women of the New Jersey State Police, who have tirelessly tried to bring this killer back to justice."

The first woman ever placed on the FBI's most-wanted terrorist list was living so openly in Havana that her number was long listed in the phone book.

With the New Jersey State Police, the FBI is offering a \$2-million reward for information leading to Shakur's capture. THE ASSOCIATED PRESS

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U.S. Industry spearheads drone safety campaign

Alarmed by increasing encounters between small drones and manned aircraft, drone industry officials said Monday they are teaming up with the U.S. government and model aircraft hobbyists to launch a safety campaign.

The campaign's website, knowbeforeyoufly.com, advises both recreational and commercial drone operators on FAA regulations and how to fly their unmanned aircraft safely.

The campaign was announced by Association for Unmanned Vehicle Systems International and the Small UAV Coalition, both industry trade groups, and the Academy of Model Aeronautics, which represents model aircraft hobbyists, in partnership with the Federal Aviation Administration.

Retailers say small drones, which are indistinguishable from today's more sophisticated model aircraft, are selling

well this Christmas.

"In just a few days, kids old and young will unwrap presents, and many of them — maybe tens of thousands — will have unmanned aircraft," Michael Toscano, president of the unmanned vehicle association, said in a conference call with reporters. "This technology is very accessible and in very high demand, but information on how to fly safely isn't readily available. That's why we've cre-

ated this safety campaign."

The FAA is concerned that amateurs are using the drones in a reckless manner, increasing the likelihood of a collision that could bring down a plane or rain debris down on people. The agency has been receiving about 25 reports per month this year of drones sighted flying near manned aircraft or airports, up from just a handful of reports two years ago.

THE ASSOCIATED PRESS



Louise Miner says her Rip n Go is removable with just one hand and it helps keep her two-year-old's bed dry at night. JOE LOFARO/METRO

Mom helps keep beds dry

Ottawa. Mother of two invented environmentally friendly pad that will soon be available on Amazon



JOE LOFARO
joe.lofaro@metronews.ca

An Ottawa mom may have the answer to every new parent's prayers.

Louise Miner invented the Rip n Go, a detachable, waterproof, machine-washable absorbent pad that prevents kids from soaking the bed overnight if they wet.

The environmentally friendly product is already available for purchase at select Ottawa stores, but it may soon be more widely available as Miner's business is gearing up for wider distribution with retailers such as Amazon.

Miner, a mother of two from the Ottawa suburb of Orleans, came up with the idea after her second child had bed-wetting problems. She said her very tired husband one night

put a towel down in their daughter's crib to keep it dry, but then she thought there must be a better and safer way.

That's when she designed the Rip n Go, whose best feature is the Velcro seal that keeps the padded sheet in place during sleep. A parent can rip the pad off with one hand and replace it with a fresh pad without having to lift the mattress to change soiled bed sheets.

"At 3 o'clock in the morning, it's the last thing you want (to do)," said Miner.

"It was a huge lifesaver. I wasn't worrying because of something he might do because of his sleep deprivation."

The new company received mentorship support from Invest Ottawa, an economic development agency that helps local startups.

Miner also developed a version for kids aged three to nine years old that comes with matching bedding and pillow case.

There is also an adult version with a fitted sheet that remains in place with elastics under the mattress, so only the top pad needs to be replaced.

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Tree, menorah, lights

Tweets control holiday display

Twitter users anywhere in the world can control the lights on a holiday display in New Jersey.

Tweets will turn on a nine-foot Christmas tree, menorah and over 1,000 LED lights at Oxford Communications in Lambertville and also turn them off.

Tweet #brilliant#twinkle to @Oxmas_Tree to light the display and tweet #figgy-pudding to turn them off. THE ASSOCIATED PRESS

Market Minute

DOLLAR
85.93¢ (-0.22¢)

TSX
14,432.38 (-35.88)

OIL
\$55.26 US (-\$1.87)

GOLD
\$1,179.80 US (-\$16.20)

Natural gas: \$3.17 US (-\$0.29)
Dow Jones: 17,959.44 (+154.64)

VOICES

XMAS CARDS AGAINST HUMANITY

It's almost Christmas, and you probably forgot to mail out those cards again, which means right about now your friends are probably getting dancing elves in their inbox

PAUL SULLIVAN
readers@metronews.ca

It's that time of year again.

You know, when you think about sending Christmas cards to friends and loved ones, but as one Canada Post deadline after another sails by, they stay in the box until next year, and they won't get sent then, either.

I'm not exactly sure what keeps them in the box. There are plenty of reasons, even without inertia. And inertia's good enough.

Someone should start Inertia Anonymous.

But Christmas cards are hard work. First, you have to buy them, with all the decisions that implies.

Should they say Merry Christmas and offend friends who aren't Christian, or Happy Holidays and underwhelm everyone, including the non-Christians?

Should they be tasteful or should you go all Thomas Kinkaid, opting for fantasy frost and cozy kitsch and damn the torpedoes?

Should each purchase benefit the world's children?

Should the cards be made of 100 per cent re-chewed pulp?

OK, we've got the cards. Now we have to find actual addresses that require something called "postal codes."

Then we have to decide if we're going to subject everyone to the annual State of Christmas address or just write a cheery greeting followed by the appropriate number of x's and o's. (Signing XXXOOO on the bank manager's card is obvious and embarrassing).

Unless all three of your children gradu-

ated this year from Harvard Medical School, you'll be hard-pressed to keep up with the competition, so it's wise just to jot a thoughtful note, such as: "It's been a long time since we got together. Are you still alive?"

Once you've addressed and written the cards, next come the stamps. If you've been out of the snail-mail slow lane for a while, you're in for a shock: The price of stamps has gone up to a buck apiece.

This is a million per cent increase over last year, when it cost 63 cents. If you send out 20 cards, which you will do according to a Canada Post poll, that's \$20 bucks for just being thoughtful.

Of course, the deadline for getting the cards delivered by Christmas expired in

October, which means you and your friends will be exchanging face-saving Christmas cards well into April.

It's enough to make you give up and send images of creepy dancing elves to all your virtual acquaintances via email, Facebook, Twitter, LinkedIn, Instagram and various other stress-inducing electronic bombardments.

But despite all the nonsense that goes with the cardboard artifacts, Britons send a billion a year, Americans 1.4 billion.

And while that number is down from 1.9 billion in 2009, the generation known as Millennials have shown a heart-warming tendency to include Christmas cards along with vinyl records, robust facial hair and artisanal this or that in their quest for the lost authenticity of the ancients. So I will persevere. Starting with the box I bought in 2009, I pledge to send out cards in time for Christmas 2015. H0H OH0!

Surviving your family: Booze, Ativan and other tips



REBECCA KOHLER
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Oh man, it's that time of year again: Christmas! Or Hanukkah! Or whatever word it is you use to define "awkward family gathering."

Don't get me wrong, I love Christmas and, for the most part, I love my family. But there's a reason that when I prepare myself a festive beverage people often ask, "Did you want some egg-nog in that bourbon?"

I need that drink to aid in the circumnavigation of uncomfortable questions, buried family tensions and the fact that I'm now wearing a feather boa because my Aunt Lois thought it was "perfect" for me.

I'm not saying drinking is the answer. Ativan helps too. But if substances aren't your thing, there are other ways to help yourself through the labyrinth of emotional grenades that Christmas Day can bring.

For instance, if you're a woman, you may be asked a lot of questions about your womb.

Few win the next-of-kin lottery

If you have a perfect family with no bad breath or passive-aggressive mothers, then I want you to know how lucky you are.

What's it doing? What's it thinking? It must be so dusty in there! First, you need to let these questions/comments roll off your back as if it were covered in baby oil (an oil you'd know more about if you had a baby!).

Remember, it's a common misconception that all women want/can have babies and your family member is just trying to tap into some common ground.

They don't know that you have reproductive issues, or you're single or that you'd rather eat out of a garbage can than have a kid, so don't get mad or uncomfortable, just deflect. Make a joke like, "My womb is thinking what my stomach's thinking: Where's the turkey?!" Everyone will laugh and you'll distract prying eyes from the

fact that you cry yourself to sleep every night with your cat.

Then there's always the "How's work?" question. This one can really be a stinker.

Maybe you don't like your job, or your job (in the eyes of others) is subpar, or maybe — and this is where family gatherings are really tricky — maybe your job is amazing and you're a millionaire and you just got a promotion, but the cousin who asked you about it is on disability because he got his finger stuck in the fryer at McDonald's.

This is a no-win situation. You don't want to rub success in the nose of the unsuccessful and yet any failure you admit to will be gobbled up by your bitter relatives like a fried schadenfreude hors d'oeuvre.

So what to do? You can try something like, "The best part about work is that we're not there right now. Am I right, Cousin Jimmy?" and then pat him on the back. If he persists, feign stomach cramps and run to the bathroom. Diarrhea shuts everyone up.

And then there's just the family. Your great-aunt with the breath that smells like a dilapidated

tuna factory. Your weird uncle who always tries to kiss you a little too close to the mouth.

There are the nieces and nephews who are so cute for 20 minutes and then you wish you had some Ambien For Kids. The combination of turkey and wine have left you with the inability to move, yet you're stuck on the couch beside your mother who won't stop commenting on how "round your face is looking."

By the way, if you have a perfect family with no bad breath or passive-aggressive mothers, then I want you to know how lucky you are. Go to your holiday gatherings and hug your family extra tight, because you must have won the next-of-kin lottery. I'll bet you have perfect teeth too. How nice for you.

For the rest of us, the question is: Why do we do this? Is it for the gifts? The food? Is it for Jesus? Well, call me a sap, but I think it's for love. Because while all of this sounds awful, and all the people I'm going to see make me want to book an emergency appointment with my therapist, I love them. Does that make love sound gross and weird? Yes! And I wouldn't have it any other way.

HAPPY HOLIDAYS!!!!



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Gossip

NED EHRBAR

METRO'S TAKE ON
THE WORLD OF
CELEBRITIES



Mel B ALL PHOTOS GETTY IMAGES

Issues with mom may have led Mel B to mix meds: Source

Whoa. So last week, former Spice Girl Mel B (real name Melanie Brown) missed a taping of the British version of X Factor after heading to the hospital because of stomach pains. But now it turns out that was a bit of a fib.

A source tell Radar Online that Brown "was hospitalized

because she mixed tranquilizers, including Xanax, with alcohol. It was absolutely accidental and not intentional. She wasn't suicidal, but the pressure of being back in London brought a lot of unresolved issues to the surface concerning being estranged from her mother, Andrea,

and the rest of her family."

Dang, source, ease off with the oversharing. You could've just left it at "not intentional." Brown has reportedly been holed up in a London hotel with her daughters since leaving the hospital and has been cleared by doctors to return to the U.S.

Sheen's show gets shelved as 100th episode hits the screen

Last night's Anger Management finale, it turns out, was the series finale. Charlie Sheen's post-Two and a Half Men project is all done, as cast and crew were informed late last week by FX and Lionsgate that the show would not be renewed.

"I am beyond proud of what we accomplished over the course of 100 episodes," Sheen says in a statement. "We created something uniquely special with some of the most talented individuals I have ever had the privilege to work with. My sincere thanks to all for their unwavering love and



Charlie Sheen

support. Here's to the next chapter."

The network brass ap-

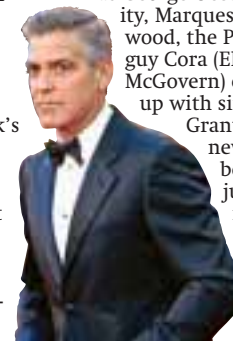
parently informed the team Friday, ahead of Monday's 100th episode debut, which certainly put a damper on the celebrations.

The series was kicked off in a unique manner, with Sheen orchestrating a deal with the network where he made 10 episodes and if they liked them, they had to order a minimum of 90 more, instantly triggering a syndication deal and resulting in an often draining production schedule for those involved. Up next for Sheen? Reprising his Ferris Bueller's Day Off character for a cameo on The Goldbergs.

Clooney heads Downton for Christmas

Remember all that talk about George Clooney making an appearance on Downton Abbey? Well, the moment has arrived. Clooney gets in on the action for the series' Christmas comedy bit made for the ITV network's annual charity drive, featuring the hit British show getting the It's a Wonderful Life treatment as Lord Grantham (Hugh Bonneville) frets about how he's ruined the family finances. Absolutely Fabulous star Joanna

Lumley plays his guardian angel, and Clooney pops up as George Oceans Gravity, Marquess of Hollywood, the PDA-happy guy Cora (Elizabeth McGovern) ended up with since Lord Grantham had never been born. Let's just say he might've been onto something.



A plot twist involving prosthetics sees Pitt pounce on the Hannibal exit

Michael Pitt is apparently all done with Hannibal and won't be returning for the show's third season, but that doesn't mark the end of his character, meat-packing magnate Mason Verger. Pitt will be replaced by Across the Universe star Joe Anderson, and hopefully fans won't notice the difference. I mean, he ended Season 2 doing some pretty grisly things to his own face, meaning lots of stomach-turning prosthetics, so it just might work. Sources say Pitt made the decision to leave the show, probably seeing his character's intense facial mutilation as the perfect opportunity to do so. Oh, and



Michael Pitt

Anderson posted a pretty alarming photo of himself in full Verger makeup on the character's Instagram account, so now we kind of see Pitt's point.

Cox loved Beyoncé's Christmas card like XO

Orange is the New Black star Laverne Cox totally wins the relatability award this year for her perfectly measured and understandable reaction to receiving a Christmas card from Beyoncé. I mean, it's a Christmas card from Beyoncé. Cox posted a shot of the signature to Instagram, explaining, "So when I opened this holiday card a few days ago and read 'Love Beyoncé,' I literally fell to the floor. I was on the floor of my apartment.



Laverne Cox

I have witnesses." Don't worry, we believe you.

She also writes, "Thanks Bey for the gift" and includes an image of a sweatshirt emblazoned with Cake by the Pound. It's unclear whether the item is said gift — I mean, it would make sense, right? — but the important thing is I would like to know more about this cake by the pound policy. Where do I sign up?

The women ruled in 2014

The year 2014 solidified something that's been clear for a few years now: When it comes to pop music, the ladies are killing it. Here are the women who rocked the pop music world this year. **LISA WEIDENFELD AND EMILY LAURENCE/scene@metronews.ca**



ALL PHOTOS GETTY IMAGES

Charli XCX

The Dec. 14 SNL musical guest has been around for a few years. But this year saw her break through on her own, with Boom Clap on the Fault in Our Stars soundtrack — a must-have for bookish teens.

Beyoncé

Her album came out in 2013, but it was one of the biggest hits of 2014, giving us all a chance to say “surf-bort” and worship at the throne of Queen B. Plus, her new cover of Crazy in Love turned the 50 Shades of Grey trailer into something genuinely steamy.

Tove Lo

Sometimes, singing about sex clubs and getting high can pay off. It did for Swedish singer Tove Lo, who broke it big with her song, Habits (Stay High).

Ariana Grande

It was impossible to escape this pint-sized pop-star this year. Her album My Everything generated three top tracks: Problem (featuring Iggy Azalea), Break Free (featuring Zedd) and Love Me Harder (featuring The Weeknd). Grande by far proved that her Nickel-odeon days are forever behind her.



Taylor Swift

Taylor Swift's reign continued this year with the mega success of her first strictly pop album, 1989. It debuted at number one on the Billboard charts and her Shake It Off video is one of the most-watched of the year. Her album, a massive tour and endorsements helped the 22-year-old earn \$57 million.

Iggy Azalea

The rapper had a breakthrough year, teaming up with Charli XCX for Fancy and Ariana Grande for Problem. She's the only act other than the Beatles to have her first two Billboard hits rank 1 and 2.

Nicki Minaj

If you've gotten Anaconda out of your head even once, we'd be surprised. Minaj scored another huge hit with this track, as well as garnering tons of hits for the sexy/funny music video with Drake.

Miranda Lambert

Being honoured as CMT's artist of the year wasn't the only accolade Miranda Lambert racked up this year. She is also nominated for four Grammys. If she wins, it will be her first time taking one home since 2010. But don't call it a country comeback — her fans have long been supportive of Mrs. Blake Shelton.



Lorde

Eighteen-year-old Lorde went from singer to producer this year, by curating The Hunger Games: Mockingjay — Part 1 soundtrack. Including artists such as CHVRCHES and The Chemical Brothers, as well as releasing her own song Flicker Beat, got her respect from critics and teen fans.



St. Vincent

Singer St. Vincent has come a long way from her time with the Polyphonic Spree. After her much-loved team-up with David Byrne in 2012, she came back with St. Vincent, her biggest success yet.

Five guys who also had pretty good years

Women may have dominated the music scene, but a few good men had their share of success, too:

Childish Gambino

What started as a cult following transformed into mass appeal for rapper (and actor) Childish Gambino, who got a Grammy nod for his song, 3005.

Nick Jonas

This was the year Nick Jonas officially became a man — at least in the public's eye. Nick is garnering success with his hit Jealous, which reached No. 8 on Billboard and generated 14 million views on YouTube.

Pharrell

If Happy seems like the most-played song of the year, it was. It held the top spot longer than any other song this year. No wonder he's up for four Grammys.

Sam Smith

Sam Smith was another of 2014's newly minted stars, with his heartbreaker Stay with Me filling the Adele-shaped hole in our hearts.

Ed Sheeran

The British crooner can do no wrong. 2014 saw him release both Sing and Thinking Out Loud, as well as contribute to the Fault in Our Stars soundtrack.

METRO



Same Old Song and Dance for Aerosmith

Feuds and music.

Singer Steven Tyler and guitarist Joe Perry stick together despite their ongoing tensions

The rock music world is notorious for its bickering, but Aerosmith belongs to another category altogether — a band with constant and open tensions that has nonetheless managed to stay together.

The friction between guitarist Joe Perry and singer Steven Tyler shows no signs of mellowing with age, with the two Boston rockers both releasing tell-all books that portray each other in a less than flattering light.

Since his memoir *Rocks* came out in October, Perry says he has only exchanged text messages with his bandmate of 40 years.

"It kind of bounced back and forth a bit. He got about a third of the way through the book and said he liked it, and then I didn't hear from him,

but obviously he finished it," Perry told AFP.

Perry said he had fully expected Tyler, who criticized his bandmate in his own book in 2011, to take exception to parts of the memoir that portray the singer as controlling and self-promoting.

Among the allegations, Perry says that Tyler used to make a habit of stealing, and that several years ago he quietly tried out — unsuccessfully — to sing for a reunited Led Zeppelin. Perry said he knew from the first time they met that he and Tyler had differences, but that they had found a way to work together after splitting in the late 1970s.

"We had to figure out a new dynamic instead of just fighting all the time, to put the personal stuff aside, and let our differences as far as the music go work for us, instead of being a point of contention," Perry said.

Perry isn't sure whether he and Tyler will ever talk about the guitarist's book. But, Perry said, he expects it



Steven Tyler, right, and Joe Perry of Aerosmith openly fight with each other, but keep working together. AFP FILE

will be "business as usual" the next time they meet.

In one difference, Perry said that he never took up the rock 'n' roll lifestyle when it came to sex.

In the book, he recounts once watching Aerosmith's

merchandise vendor pour whiskey over a body part he had christened Mr. Important in an unscientific bid to prevent venereal disease.

Perry, raised in a small town in Massachusetts, said he generally stayed with one

woman at a time.

"That's what I saw when I was growing up and it just seemed natural to me. I didn't really have this need to prove myself, to bring more notches to my pistol so to speak," he said.

Quoted

"We had to figure out a new dynamic instead of just fighting all the time."

Aerosmith guitarist Joe Perry on his relationship with Steven Tyler

"I was the odd man out because I wasn't into that kind of lifestyle. But I was always a loner anyway, so it didn't bother me much."

Perry returns to his family roots on a new solo EP of Christmas songs, performing holiday classics that he enjoyed as a child.

Johnny Depp lent him a studio to record Joe Perry's Merry Christmas and wound up joining on rhythm guitar for a version of Chuck Berry's Run Run Rudolph.

Perry said that Depp "really added some flavour" both artistically and by allowing a live recording of the song, as Perry would otherwise have played both guitar parts and mixed them.

AFP

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FREE THE CHILDREN

Let's all eat, drink and be healthy

Tips. How to enjoy all the yuletide offerings without paying for it in the New Year

There will be a lot of overeating over the holidays.

There are all those high-cal foods that family traditions link to holiday celebrations. Eggnog (cream plus eggs plus sugar plus alcohol). Mashed potatoes whipped with cream cheese and plenty of butter. Gravy. So much gravy.

Given that the holidays are a season of excess and traditional holiday foods are highly calorific, we asked dietary experts how to contain the damage. Specifically: If there is one thing to cut out to make the feasting less excessive, what should it be?

Surprisingly, several of our experts did not advise eliminating a particular food. And a number didn't even frown on the idea of seasonal indulgence. But they did offer some suggestions to contain the calories.

"I'd say that if overeating is ever allowed, that it is allowed for the major festivities that occur a few times a year — provided food intake is controlled the rest of the time," says Thomas Wolever, a professor in University of Toronto's department of nutritional sciences.

Wolever says overeating by 2,500 calories — in other words, doubling an average daily intake — on three days a year can be offset by cutting back 20 calories per day for the other 362 days.

Len Piche suggests focusing on portions and finding low-calorie options.

Savour foods slowly, using smaller servings on smaller plates to help limit the cal-



When you sit down for Christmas dinner, there's a few easy ways to keep it healthy. ISTOCK

ories, says Piche, a nutrition professor at Western University's Brescia University College.

Drink water before a meal. Don't skip breakfast or lunch to focus on a big dinner.

"Trying to 'save yourself' for big meals by skipping meals earlier in the day might backfire. You may develop a ravenous appetite and end up eating more calories than you normally would," Piche says.

Rena Mendelson, a professor of nutrition at Ryerson University in Toronto, also offers some tips that might help you control your calorie intake better at a big holiday meal.

"Before you go to a holiday party, have a bowl of soup and avoid any of the pre-meal treats as they tend to be very high in calories," she says.

Go ahead and indulge

"A weight management program will not be set back by indulging a few times a year — provided discipline is maintained most of the time."

Thomas Wolever, a professor in University of Toronto's department of nutritional sciences

"Eat the main meal and have enough to feel satisfied but not overfed. This may help to limit the dessert course..."

Watch your liquid calories, suggests Dr. Yoni Freedhoff, a professor of obesity medicine at the University of Ottawa.

"If I were to pick one thing to ditch, it would be the sweet stuff as many a home has the tradition of sugary soda for festive meals," he says.

One dietary expert did recommend a food item to cut. And Dr. David Jenkins acknow-

ledges his nomination may qualify him for the role of the Grinch. Jenkins suggests cutting whatever the main meat dish is in your holiday dinner.

It's not that Jenkins thinks it's the least healthy. It's that pulling out the linchpin, so to speak, would fundamentally change our approach to the meal. He thinks with the planet's expanding population, climate change and the obesity epidemic, it's time to start thinking about eating in a more sustainable way.

"It would be a radical change in the 'sit-down-and-gorge' concept that's the centre of Christmas," says Jenkins, a researcher at Toronto's St. Michael's Hospital who studies the effects on cholesterol and health of eating more plant-based foods and fewer processed food products.

"It forces people to think about other options," he says of his recommendation. "They may think, hopefully, of more environmentally friendly options. They may think of more plant-based diets."

"They may, in fact, forgo a large meal and do some snowboarding. ... I think that we've got to start thinking about other things at Christmas than sitting down and getting comfort food."

THE CANADIAN PRESS

How ibuprofen may extend your life



The lifespan of the species in the study, which used ibuprofen, increased by 15 per cent. AFP

An over-the-counter pain-relieving and fever-reducing drug could lead to a longer and healthier life for many species and possibly humans, too, according to a new study at Texas A&M University (TAMU).

"We first used baker's yeast, which is an established aging model, and noticed that the yeast treated with ibuprofen lived longer," says lead author Dr. Michael Polymenis, a biochemist at TAMU's AgriLife Research station. "Then we tried the same process with worms and flies and saw the same ex-

tended lifespan. Plus, these organisms not only lived longer, but also appeared healthy."

The yeast, worms and flies were treated with ibuprofen at doses proportionally comparable to the recommended dose for humans and increased their lifespan by 15 per cent.

If human lifespans increased by that amount, it would add an extra dozen years of healthy living, according to Dr. Polymenis, who says his experiments on worms indicate good health would be part of the package. Measurements

of worms' thrashing and the pumping movements they made while swallowing under treatment indicated they were thriving in their extra years and not suffering.

Over the course of the three-year study, Dr. Polymenis observed that ibuprofen hinders the ability of yeast cells to pick up an essential amino acid found in every cell of every organism called tryptophan.

Less tryptophan being dissolved into yeast appears to make a difference, but Dr. Polymenis said he isn't sure why.

Drugs other than ibuprofen are working, too, according to Dr. Brian Kennedy, the president and CEO of the Buck Institute for Research on Aging in Novato, California, who collaborated with Dr. Polymenis.

"Our institute is interested in finding out why people get sick when they get old," says Dr. Kennedy.

"We think that by understanding those processes, we can intervene and find ways to extend human health span, keeping people healthier longer and slowing down aging. AFP

3
TIPS

Get ready for the main holiday event

Roast Turkey with Caramelized Onion and Thyme Jus. If you're looking for a new flavour for the big bird, try this combo

Check the label of your bird for weight to calculate roasting time properly. Cooking the bird unstuffed gives you control over the moistness of the breast. To be safe when cooking a stuffed bird, get the centre of the stuffing to 165 F (74 C), or you might end up with overcooked white meat.

1. Preheat oven (10 to 20 minutes) to 325 F (160 C).

2. In large frying pan, heat oil over medium-high; cook onions, whole garlic cloves, thyme and sage sprigs, and half each of the salt and pepper for 6 to 8 minutes, stirring frequently, or until onions are golden and softened. Transfer to plate; cool.

3. In bowl using a wooden spoon, cream together butter, chopped sage and thyme, chopped garlic, and remaining salt and pepper. Transfer 2 tbsp (25 ml) of mixture to a small bowl; set aside. Stir Dijon into remaining mixture.

4. Remove turkey neck and place in bottom of roasting pan. Pat turkey very dry inside and out with paper towel. Brush entire surface of turkey with Dijon herb butter, placing some under skin of breast as well. Place one-third of onion mixture into cavity of bird. Truss bird to tuck in legs and wings. Place turkey directly in roasting pan, breast side up, and arrange remaining onion mixture in



This recipe serves 15. PRESIDENT'S CHOICE

pan around bird. Cover loosely with foil.

5. Place roasting pan in bottom third of oven. Roast for 20 minutes. Add 2 cups (500 ml) water to the pan. Roast for 18 minutes per lb (500 g) or until meat thermometer inserted at thickest part of thigh reads 185 F (85 C). Remove foil for last half-hour of cooking to allow skin to brown and crisp. Remove from oven. Carefully transfer turkey to a wire rack set over a rimmed baking sheet.

Tent with foil. Let stand for 20 minutes before carving.

6. Meanwhile, remove neck from pan and set aside. Carefully strain pan juices into a large glass measuring cup; let stand a minute to allow the fat to rise to the top. Discard solids in sieve. Spoon as much of the fat away from strained drippings as possible.

7. Set roasting pan over medium heat. Pour in wine; whisk briskly to get up browned bits on bottom of

pan. Once reduced by half, return strained juices and neck to roasting pan. Add juices from under turkey and bring to a simmer. Stir flour into the

reserved herb butter; a bit at a time, whisk into simmering turkey jus. Once all butter is whisked into jus, simmer for 3 to 4 minutes or until thick-

ened. Discard neck. Strain again if needed. Pour into a gravy boat and serve alongside carved turkey.

PRESIDENT'S CHOICE

Ingredients

- 2 tbsp (25 ml) canola oil
- 2 large onions, peeled and cut in thin wedges
- 10 cloves garlic, peeled
- 4 each sprigs sage and thyme
- 2 tsp (10 ml) salt
- 1-1/2 tsp (7 ml) freshly ground

- black pepper
- 2/3 cup (150 ml) PC Country Churned Butter - Unsalted, softened
- 1 tbsp (15 ml) each chopped fresh sage and thyme
- 1 tbsp (15 ml) finely chopped

- garlic
- 1 tbsp (15 ml) Dijon mustard
- 1 PC Free From Whole Turkey, about 6.2 kg, thawed
- 1/4 cup (50 ml) dry white wine
- 2 tbsp (25 ml) all-purpose flour



This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

Give your leftovers new life

In this Turkey and Napa Cabbage Salad with Lime-ginger Vinaigrette, I take the taste buds someplace decidedly un-Christmas-y.

I lean toward the anti-feast by making a salad with crunchy veggies.

Also, I completely change the flavour profile by bringing in ginger and lime, which feels more Asian-inspired.

1. In a large serving bowl, layer the cabbage, scallions, carrot, turkey, cilantro, tortilla chips

and peanuts. Set aside.

2. To make the dressing, in a small bowl whisk together the mustard, soy sauce, rice vinegar, lime juice and hot sauce until smooth. Add a tablespoon or 2 of water if too thick. Slowly whisk in the oil until well-blended and the dressing is uniform. Add the ginger and whisk until incorporated. When ready to serve, drizzle the dressing over the salad, then toss well.

THE ASSOCIATED PRESS/FOOD NETWORK
STAR MELISSA D'ARABIAN, AN EXPERT ON

Ingredients

Salad

- 1/2 head napa cabbage, thinly sliced
- 2 scallions, chopped
- 1 medium carrot, grated (about 3/4 cup)
- 2 cups cubed cooked turkey (or chicken)
- 1/4 cup chopped fresh cilantro
- 1 oz low-fat baked tortilla chips,

lightly crushed

- 1/4 cup chopped peanuts

Dressing

- 1 tbsp Dijon mustard
- 2 tbsp reduced-sodium soy sauce
- 2 tbsp unseasoned rice vinegar
- Juice of 1/2 lime (about 1 tbsp)
- 1 tsp hot sauce (such as Sriracha)
- 3 tbsp vegetable oil
- 1 tbsp grated fresh ginger

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NHL mumps outbreak

Penguins sit out two more

The Pittsburgh Penguins just can't seem to shake off the mumps.

Backup goaltender Thomas Greiss and forwards Brandon Sutter and Steve Downie were sent home on Monday to undergo testing for the virus.

Teammates Sidney Crosby, Beau Bennett and Olli Maatta have already dealt with the illness, which has affected more than a dozen players across the league over the past month.

THE ASSOCIATED PRESS

Premiership

Terry scores in 2-0 win over Stoke

John Terry scored his first league goal of the season to help Chelsea beat Stoke 2-0 Monday and restore its three-point lead atop the Premier League.

Terry put his side ahead in just the second minute with a powerful header from a corner, and Cesc Fabregas doubled the lead in the 78th to make sure Chelsea re-established the gap on second-place Manchester City. THE ASSOCIATED PRESS

Brampton native

Henry cleared for West Ham move

Doneil Henry is about to join the select list of Canadians to play in England's Premier League.

The 21-year-old former Toronto FC defender from Brampton, Ont., had his work permit approved Monday, paving the way for a move to West Ham United.

"Absolutely fantastic news for Doneil," said former Toronto FC manager Ryan Nelsen, who recommended Henry to West Ham boss Sam Allardyce.

THE CANADIAN PRESS

NBA

"There could be an argument, and a strong argument, to starting our season later."



ABC's NBA analyst Jeff Van Gundy explaining that starting the NBA season on Christmas Day would "avoid a lot of the NFL and college football season." Football is quiet on Christmas, so the NBA loads up with a five-game schedule.



Senators visit Washington looking for an eighth win

Jean-Gabriel Pageau of the Ottawa Senators, left, and Alex Ovechkin of the Washington Capitals go after the puck during the first period at Verizon Center on Monday in Washington, DC. The Senators couldn't Washington extend a seven-game winning streak over the Capitals, losing 2-1 in D.C.

ROB CARR/GETTY IMAGES

Jets' goalies enjoy season of sharing

NHL. Pavelec, Hutchison thriving while playing every other game

Ondrej Pavelec and Michael Hutchinson know how to share.

The Winnipeg Jets goaltenders have been rotating starts for the past 12 games, and there are no plans right now to end the two-starter approach.

After the team's optional skate on Monday, head coach Paul Maurice said the pattern will continue with Hutchinson's turn to start when the Jets visit Chicago for a game against the Blackhawks on Tuesday.

It's not a common practice in the National Hockey League to rotate goalies, and its perhaps less likely in this situation because Hutchinson is a rookie.

You'd think the veteran Pavelec would have his nose out of joint, but he said that's not the case.

"For me, it's not a competi-



Ondrej Pavelec, left, and Michael Hutchinson have been getting wins while going back and forth between starts in the Jets net. JOHN WOODS/THE CANADIAN PRESS

Quoted

"When he's in the net, I want the team to win just as much as they do when I'm playing, so it's been working out well." Ondrej Pavelec

tion at all," said Pavelec, whose NHL resumé features more than 300 games.

"It's just get yourself ready for a game and that's all that you can control. Hutch is a real-

ly good guy. We're having fun." And the team (17-10-7) has having success with the duo.

During the 12-game rotation, Hutchinson is 4-1-1 and Pavelec 3-0-3. The veteran was

in net for a 4-3 overtime loss to Philadelphia on Sunday.

Overall this season, Hutchinson is 7-2-2. The native of Barrie, Ont., has stopped 281 of the 299 shots he's faced for a league-leading 1.73 goals against average and .940 save percentage.

Pavelec is 10-8-5. He's faced 642 shots and turned aside 586 for a 2.34 GAA and .913 save percentage.

"I definitely didn't think my first season would be going as well as it has, but at the same time, I didn't really come in with any expectations," said Hutchinson, 24.

"It's just been a fun season and I'm just enjoying every moment."

Pavelec, 27, also recognizes Hutchinson's talents.

"He doesn't play as a rookie at all," he said.

"The first year it's exciting, it's something different. The second year is always harder, but the way he's playing I think it's not going to be any different the next year or the year after."

THE CANADIAN PRESS

Sens rookie Lazar named captain of Canadian juniors

'Very honoured'. B.C. centre regarded as an upbeat competitor

Curtis Lazar has every reason to be smiling.

The always good-humoured Ottawa Senators rookie on Monday was named captain of Canada's junior hockey team for the upcoming world championship in Toronto and Montreal.

"I'm very honoured to have this opportunity, and I'm going to take full advantage of it and go out there and play hard for my country," Lazar told reporters at a hockey charity event in Montreal. "I know there's a lot of responsibility that comes

along with this, but I'm just going to try to take it in stride and be myself."

Canada's coaching staff gave Lazar the news Monday morning, shortly after the team arrived in Montreal from Ottawa, where Canada beat Sweden 5-2 in an exhibition game on Sunday. True to character, the Salmon Arm, B.C., native was grinning from ear to ear when he was told.

"As usual, I was smiling," said the 19-year-old, who was drafted 17th overall by the Senators in 2013. "It's pretty cool. I didn't know it was coming. Anyone could have it. I'm very honoured that my peers and my coaching staff think very highly of me."

"I'm a pretty positive guy for the most part. I'm always smiling and trying to keep the guys light. I like to lead by example. I really focus on little details, and I think that goes a long way."

"I want unity within the dressing room. Regardless of where you're from in Canada, we're part of a team now. No one is bigger than the team."

Lazar, who has a goal and six assists in 27 games with Ottawa this season, was lent to Canada by the Senators last week. He is one of seven returning players from last year's tournament in Malmo, Sweden, where Canada finished fourth.

One year later, Lazar is



Curtis Lazar speaks during a team availability in Montreal, Monday. Lazar has been named captain of Canada's national junior hockey team.
GRAHAM HUGHES/THE CANADIAN PRESS

Quoted



"They're great young men, they want to win, they're

great hockey players and they want to make a difference. This is what you need in your leadership group."

Team Canada head coach Benoit Groulx on captain Curtis Lazar and alternates Connor McDavid and Sam Reinhart

thinking of redemption.

"I was disappointed with how we played last year and the result we got," he said, looking back on Canada's semifinal loss against Finland,

and the defeat to Russia in the bronze-medal game. "Second chances don't come around too often. We're fortunate to have this chance."

Connor McDavid of the Erie

Otters and Sam Reinhart of the Kootenay Ice will serve as alternate captains for the tournament, which officially gets underway on Dec. 26.

McDavid and Reinhart also

represented Canada at the 2014 junior championship and were teammates at the 2013 under-18 world championship, where the Canadians won the gold medal. **THE CANADIAN PRESS**

Next big thing gets top marks for his character



According to some hockey insiders, Connor McDavid's skills are matched only by his character. DAVID VAN DYKE/METRO IN TORONTO

Will Connor McDavid be better than Sidney Crosby? Could he possibly be better than Wayne Gretzky?

While the hockey world is having that debate now with the world junior hockey championship coming up, these questions weren't what preoccupied Mark Seidel two years ago in Drummondville, Que. The veteran scout was entranced by the coming and goings of a 15-year-old McDavid playing at the world under-17s.

Anyone and his grandmother could see how special McDavid's on-ice talents were, but it wasn't what he did on the ice that had Seidel transfixed. It was off the ice where McDavid's stature grew in the scout's eyes — how the phe-

nom interacted with young fans, some in wheelchairs.

"Body language is a big thing with me," says Seidel, a talent evaluator for nearly two decades. "I like to see how people interact to see if they're legit or whether they're coached up, or what they are like when the cameras are off."

What he saw from McDavid, who was talking and playing with developmentally delayed kids, impressed him.

"You could see he genuinely enjoyed interacting with young kids," Seidel adds. "He was just a guy. He wasn't looking for cameras. You got the sense that he really enjoyed being there. He wasn't doing it because he thought he should or it was his duty. It was just

Earning respect

As for that November fight that left McDavid with a broken hand, well, the anti-fighting crowd didn't like it, but within hockey circles it earned the Otters star high marks.

- "He's a guy that will solve his own problems," talent evaluator Mark Seidel says. "He's not looking at the bench for help. He's not a self-entitled kid."

the right thing to do."

That, more than his play, is the story of McDavid.

Sure, the 17-year-old for-

ward will be the centrepiece of Canada's offence at the world juniors, starting Boxing Day in Montreal and Toronto. Sure, he'll likely be the No. 1 pick for some lucky NHL team, a face of the franchise and cornerstone to build on. But it's the combination of hockey skill and character — unselfish, humble — that draws comparisons to Crosby and even Gretzky.

"I've had a lot of players with a lot of ability that I wish had more character," says Sherry Bassin, GM and owner of McDavid's OHL club, the Erie Otters, "and I've had a lot of players with a lot of character that I wish had more ability. You put them both together, you get Connor McDavid."

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You'll be inundated with coverage of the Connor McDavids, Jack Eichels and Curtis Lazars of the world juniors for the next couple weeks, but who should you watch for when the best of the best aren't on the ice? Here are a few up-and-comers to keep an eye on when the tournament starts Boxing Day.



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1



STEVE RUSSELL/TORSTAR NEWS SERVICE

Max Domi, forward, Canada

Max Domi, like his father Tie, isn't the biggest guy on the ice. But he has possessed an ability to produce offensively throughout his entire junior hockey career with the London Knights. He's also formed instant chemistry playing on a line with Anthony Duclair, who has appeared in 18 games for the NHL's New York Rangers this season. Early in the pre-tournament games, those two players have arguably been Canada's best up front.

5

Dark-horse players to watch at the WJC

Kasper Kapanen, forward, Finland

Drafted 22nd overall by the Pittsburgh Penguins in June, Kasper Kapanen, the son of former NHL forward Sami Kapanen, has represented Finland before on the international stage, but never in the world junior championship. He missed that opportunity in 2014 due to injury. The Finns are the defending gold-medal champs, but are expected to be led offensively by Kapanen, who is having a breakout year in SM-liiga.



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Mirco Mueller, defenceman, Switzerland

The Swiss may not garner much attention in this tournament. But they do have a defenceman with NHL experience in Mirco Mueller, who has played in 24 games with the San Jose Sharks. Like his team, Mueller, taken 18th overall in 2013, might not be as well-known because of the country he plays for, and there's plenty more talent in this tournament. He's had international experience before, with three points in five games at a U-18 competition.



CHRISTIAN PETERSEN/GETTY IMAGES

NATHAN DENETTE/THE CANADIAN PRESS



Ilya Sorokin, goalie, Russia

Not sure if he counts as an unknown figure in this tournament after the pre-tournament performance he had against Team Canada, but Russian goalie Ilya Sorokin joined the Russian camp from the KHL. Drafted in the third round by the New York Islanders, he was not among the goaltenders for Russia at last year's tournament. Though if he plays like he did in a 52-save effort against Canada last week, it will be difficult to beat the Russians.

Thatcher Demko, goalie, United States

Thatcher Demko didn't get the chance to play in a game for the U.S. junior team in last year's competition, but he could certainly challenge for the starting role in 2015. Drafted in the second round by the Vancouver Canucks, he stopped all 14 shots faced in the opening half of the first pre-tournament game for the Americans. Many eyes will be on U.S. forward Jack Eichel, who could challenge Connor McDavid to go first overall next June. But strong goaltending could make the U.S. a golden contender.



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AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Saturn's influence over the next few days will encourage you to think before you act. If you are going to be ruthless, be ruthless with yourself.

♉ Taurus

April 21 - May 21

Try not to scatter your energy in too many directions because it's unlikely you will be able to maintain the pace. Focus on the one thing that matters most to you.

♊ Gemini

May 22 - June 21

The changes that take place over the next few days will work in your favour in the long term. If you take a risk it may well pay off but don't expect instant profit or pleasure.

♋ Cancer

June 22 - July 23

If someone tries to interfere in your personal affairs you must let them know you're not having it. Sometimes you have to act tough from the start and this is one of those times.

♌ Leo

July 24 - Aug. 23

A breakthrough is about to occur. Your rivals may say you have been lucky but you just worked harder than they did.

♍ Virgo

Aug. 24 - Sept. 23

There is so much you want to accomplish but if you are smart you will set realistic goals, both for this week and for the new year. Take each day as it comes.

♎ Libra

Sept. 24 - Oct. 23

Don't worry if others poke holes in your plans. You don't need anyone's permission to follow your dreams. Go it alone if you have to.

♏ Scorpio

Oct. 24 - Nov. 22

Travel and social activities will be fun over the holidays but the ride won't always be smooth. Plan ahead and give yourself plenty of time.

♐ Sagittarius

Nov. 23 - Dec. 21

Saturn's move into your sign marks the start of a two-year phase that will test you. The good news is you can handle whatever life throws at you.

♑ Capricorn

Dec. 22 - Jan. 20

The tougher the task the more you like it but with Saturn moving into the most sensitive area of your chart those tasks won't always be physical. Get your head together and everything else will fall into place.

♒ Aquarius

Jan. 21 - Feb. 19

Don't let others pressure you into accepting an offer you have no way of knowing is right for you. It could mean a lot more work for little return.

♓ Pisces

Feb. 20 - March 20

If you find it hard to discuss things in a civilized manner with certain people then the best thing to do is to stay out of their way.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Canadian voicer of Rudolph in 1964 TV classic "Rudolph the Red-Nosed Reindeer", ___ Mae Richards (b.1921 - d.2010)
7. Big name in trucks
10. AOL exchanges
13. "Christmas Is Coming" bit: "Please put a penny in ___ man's hat."
14. Hawaii's Mauna ___
15. Orchestra instrument
17. #1-Across... King Moonracer is a what?: 2 wds.
19. Norway's capital
20. Tic-___Toe
21. Superlative suffix
22. More abundant
23. "___ we all?"
25. Cherry: French
26. Applied lightly
29. Shoe-lace-insertion spot
31. "Must Be Santa" part: "Who wears boots and ___ of red..."
32. Singleton
33. Audi models
36. Far: 2 wds.
38. Crafty Christmas garland material
41. Ship's stern
42. Taken: French
44. Level
45. Resident of The Buckeye State
48. Christmas sleigh



- pullers
49. Actor Ed's
 51. Mr. Desman, Canadian singer
 53. Category
 54. Adjective's friend
 55. Bother
 58. Speck

59. Festive season exchange: 2 wds.
62. Fragrant flower
63. Wood sorrel
64. Evangeline's home
65. Comedian Tina
66. Atop, in verse
67. Rents again

Down

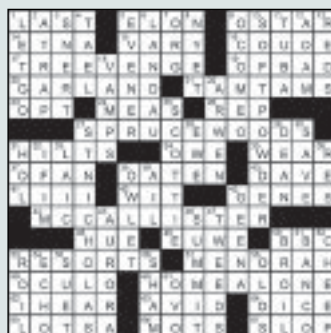
1. Texter's 'incident-ally'
2. "___ the jack-pot!!!"
3. Ms. Horne
4. Rustic place in the country: 2 wds.

5. 'Percent' suffix
6. Whirled in the water
7. Sparkle like tinsel
8. ___ point
9. Tin
10. Ivory: French
11. Domain of

#17-Across, Island of

12. #1-Across... Toronto-born actor who is #46-Down's voice, Paul ___
16. Legend
18. Mr. Dykstra
22. Faith [abbr.]
24. Network of nerves
25. Mackerel variety
26. Mr. Carvey
27. ___ yet (So far)
28. Frosty the Snowman feature: 2 wds.
30. Slangy positives
32. Scot's 'odd'
34. Christmas ___
35. Grads-to-be, briefly
37. Blood type, ___
39. Snow remover
40. Festival, as in Wintertime
43. To an extent: 3 wds.
46. As per #12-Down... Elf who wants to be a dentist
47. Pique
48. Airplane garage
49. Culture medium
50. ___ Christmas plates
52. Beach structure
54. Naughty or ___
56. Christmas carol: "Sleigh ___"
57. Make a scarf
59. Gunk
60. Frozen pond surface
61. Tank filling

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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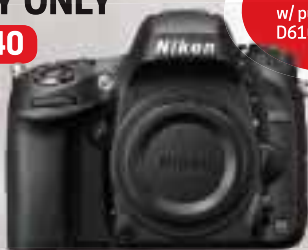
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